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PRESS RELEASE – For Immediate Release

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SCPHD Offers New “Fit and Fall Proof” Class Site

TWIN FALLS-On August 19, South Central Public Health District (SCPHD) will be opening a new “Fit and Fall Proof” exercise class site in Twin Falls. The classes will be held on Mondays, Tuesdays, and Thursdays at 1:30 p.m. in the front lounge of the Woodstone Assisted Living Facility, which is located on 491 Caswell Ave W. Interested participants can register for the class by calling 737-5988.

SCPHD is offering low-impact exercise classes’ which help individuals increase their strength and balance while enjoying a social interaction with other participants. To date there are four sites of the Fit and Fall Proof exercise classes in Eden, Kimberly, Wendell, and Oakley. Additional sites will be opening during the month of September in Twin Falls, Burley, and Hailey. SCPHD encourages all seniors that live in or near the mentioned areas to join the exercise classes that are being offered.

In 2002-2005, ambulances respond to 6,000 calls for falls. More than half of those calls are from people 65 years and older. Most falls occur in private residences and three quarters of those individuals are taken to a hospital. There is no cost or price that could offset a senior’s reduced mobility, reduced independence, increased admittance to long-term care facilities and higher risk of premature death. But there is a way to prevent the results of falls by being more physically active. Participants will enjoy meeting new people and have a good time while exercising.

For more information contact Elvia Caldera, Health Education Specialist/Injury Prevention Coordinator at 737-5988.

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